

June/July 2015



Portage Senior Center Newsletter

Flag Day Celebration with PSC Hand Chimes

Thursday, June 11
11:45 AM

\$1 registration fee

Sign up now for this special event showcasing the remarkable talent of our own PSC Hand Chimes! The Hand Chimes group will entertain us with a collection of Flag Day music before our Senior Services lunch (\$3 donation). Space is limited. Registration deadline is noon, Monday, June 8.

2015 Art Encounters: A Festival of Music, Art Demonstrations, and Interactive Art and Crafts for All Ages

Saturday, August 15
1:00-4:00 PM

Please join us at the 5th Annual Art Encounters! The afternoon will feature local musicians and interactive art and crafts for all ages throughout the library and an ice cream social to sweeten the day. Art

Encounters is a joint venture of the Portage Senior Center and the Portage District Library. All activities will take place at the Library.

Time your visit to include the ice cream social at 1pm, following by a performance by our very own

PSC Band. Then continue on to enjoy interactive art experiences and demonstrations. This year's Art Encounters will include theater, youth crafts, and a raffle with a variety of prizes!

Stars & Stripes Casino Trip – Four Winds Casino, New Buffalo



Tuesday, July 7

Back by popular demand! Try your hand at becoming “independent” (independently wealthy, that is!) at Four Winds Casino in New Buffalo. There may not be fireworks, but there will be plenty of shining lights as you enjoy a variety of slot play and table games. Your reservation includes comfortable motor coach transportation, \$15 in slot play and a \$10 food voucher. Let someone else do the driving while you enjoy some bonus games and prize

drawings along the way, courtesy of our sponsor Life EMS! Depart from Hardings in Portage at 8:30AM. Depart Four Winds Casino at 3:00 PM, with an approximate return time of 4:00 PM. Trips must be paid in full at time of reservation. Please register at the Reception Desk. IMPORTANT - Due to casino requirements, please be prepared to provide full legal names and birthdates for all registered individuals. If you have a “W Card”

from Four Winds, please let us know that as well. Please note - there will be no refunds given 14 days prior to the trip. \$20 Members, \$30 Non-Members.



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Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another.

~Erma Bombeck

As I begin to write this month's message, I must admit that I am overwhelmed with gratitude. I am grateful for each and every individual who supports the Portage Senior Center - whether that support is the giving of time, the sharing of talent, or the donating of finances. We are indeed blessed to have over 200 volunteers who keep our programs going strong. The past few months have been a whirlwind of activity, and I wanted to take the opportunity to express my sincere thanks for several reasons:

- In April, the Friends of the PSC hosted the first-ever "It's in the Bag!" purse sale. The generous donations that came from our members and individuals in the community were astonishing. We collected over 1,000 items, and volunteers cleaned, sorted and priced every piece. On the day of the sale, 200 people came to the PSC - many left with armloads of purses! Volunteers organized items, coordinated refreshments, collected money, and did so much more. Thanks to the

generosity of our members and the community, the purse sale raised over \$4,500!

- On April 28th, over 100 volunteers joined us at Michelle's restaurant in Portage for a special "thank you" breakfast. We enjoyed good food and camaraderie as we recognized the hard work and dedication of our PSC volunteers. Mike Leeuw and his team from EMA Enterprises donated this exceptional meal.
- In May, over 100 individuals attended the 20th Annual Golf Benefit Scramble, also hosted by Friends of the PSC. Popular with members, sponsors, and supporters, this activity continues to be a key fundraiser for the Friends. This event also relies on the time and talent of our generous volunteers, who help with every aspect of this annual event.

Every person who comes through PSC's doors has an impact on what happens here. Whether you are teaching a class, visiting with someone in the Friendship Lobby, or participating in one of our many programs - YOU are making a difference! Thanks to everyone who plays a part in making the Portage Senior Center such a positive place to be!

A Matter of Balance Class

**Wednesdays, 2:00 PM - 4:00 PM and
Fridays, 9:30 AM - 11:30 AM
June 3, 5, 10, 12, 17, 19, 24 & 26
(4 weeks)**

Fee: Free, but donations are appreciated

Sponsor: Area Agency on Aging IIIA

Are you wondering what happened to your balance, wobbling a bit when you walk, or

wavering some when you stand? Nearly one-third of seniors over the age of 65 will fall each year, and that percentage increases by 50% by the age of 80. Yet falling is NOT a natural part of aging. It's the body's reaction to a number of causes that we help address and change. This very popular eight-week workshop helps older adults stay safe, active and independent. Register at 329-4555.

Leaving a legacy has never been easier. It would be our privilege to help you include the PSC in your estate plans. Call us at (269) 329-4555 and ask for Kim.

The PSC Newsletter is professionally edited prior to printing. The PSC staff regrets any errors that may occur during the printing process.

Portage Senior Center

The PSC is supported by the City of Portage, contributions, memberships and grants. Some funding is also received from the State of Michigan. The PSC offers services and activities to persons over 50 years of age. Annual membership fees are \$25 for Portage residents and \$35 for all others. No one will be denied membership due to an inability to pay. The PSC Newsletter is mailed bi-monthly to members.

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- Senior Services Meal Site Coordinator*
Gail Secord
- Volunteer Editor*
Monifa Jumanne

The Portage Senior Center is Michigan's first nationally accredited senior center.



Friendship Café

Portage Senior Center

Monday, Tuesday, Thursday, Friday

11:45 AM

Do you want to make new friends? Would you like to have company when you dine? Why not join us for lunch at the PSC's Friendship Café? Senior Services, Inc. serves lunch on Monday, Tuesday, Thursday and Friday, for a suggested donation of \$3. All you need to do is sign up by noon the day before by calling 269-382-0515, extension 300, or stop in to the lunch room and sign up with Gail Secord, Nutrition Site Coordinator.

Every Quilt Has a Story

Monday, June 15, 1:00 PM

Presenter: Polly Wolff

If you appreciate the artistry of quilts and quilting is your passion, then you need to attend this event. Polly is an avid quilter and historian and will also display some of her many handmade quilts. You are asked to bring in your quilts and join Polly's roundtable discussions on quilting stories. The purpose of this event is to meet other quilters, learn more about quilting and promote the art of quilting. Register at the Reception Desk.

The Pantry on Tap

Oil and Vinegar Tasting

Thursday, June 18, 1:15 PM

Presenter: Polly Kragt

Time to add more flavor to your life? Come to the PSC for an oil and vinegar taste testing. The Pantry on Tap features 36 oils and vinegars fresh from the tap. They will bring a sampling of their favorite oils and vinegars, along with suggestions for use. Spice up your cooking! The Pantry on Tap is a new business in the Portage Plaza. They carry a delicious selection of dips and dressings that will be sure to engage your taste buds. They feature numerous organic spices and seasonings (over 130 bulk), along with specialty salts. Preregistration at the Reception Desk is a requirement for this presentation.

Coffee with Public Safety Officers

Thursday, June 25, 10:00 - 11:00 AM

Come join us for a warm beverage and the opportunity to speak with your local police, fire and dispatch employees from the City of Portage. They will be available to answer questions about their roles in serving the City of Portage, while in an informal, friendly gathering. This is your chance to quench your thirst and your curiosity with the professionals who have the inside knowledge. Register at the Reception Desk.

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10:00am - 12:00pm
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SATURDAY AUGUST 15

10:00am - 12:00pm
3910 W. Centre Ave.
Portage, MI 49024
269.323.9100

mercbank.com

Member
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Social Golf League

Thursdays thru August 27

9:00 AM tee time

States Golf Course, Vicksburg

League Fee \$5

The PSC Social Golf League is for men and women members and meets every Thursday at 8:30 AM at the States Golf Course with 9:00 AM tee times. As this is a social league, you only pay as you golf and never need to find a sub. League fees will be \$5 per person payable to the PSC Program Coordinator within the first three weeks of golf. Greens fees are \$10 and a half-cart is \$5 which is payable at the course. At the end of the season, we will have a golf scramble with prizes and luncheon at the course on Thursday, August 27.

PSC Bike Club

Wednesdays

The 2015 biking season begins May 6 and goes through October 14 with 9:00 AM start times for May, September and October and 8:30 AM start times for June, July and August. For more information on the dates, times and locations other than the PSC start location, see the Bike Club Schedule, which is available at the PSC. As this is a PSC club, you must be a member, and provide your own bike and helmet (required). The group leader is Bob Strader.

Final Resting Places of the Presidents

Thursday, June 18, 1:00 PM

Presenter: Langeland Family Funeral Homes

“Die when I may, I want it said by those who knew me best that I always plucked a thistle and planted a flower where I thought a flower would grow.” –Abraham Lincoln

This newest presentation takes you on a unique tour of America, sharing the intriguing, often untold stories behind our presidents’ final resting places. The history and compelling images of 20 presidential burial sites are highlighted, along with a brief synopsis of the funeral preplanning that occurs early in each U.S. president’s first term. Registration deadline is Monday, June 15.

Garden Pals

This informal group’s objective is to maintain and improve our PSC garden areas for all to enjoy. We invite all gardening enthusiasts to volunteer an hour or two each week to assist in this endeavor. While we have no regularly scheduled meeting time, we keep in touch with one another, and work in the gardens when our time permits, often alone, but sometimes as a group. Our activities include a coffee chat or bag lunch gathering in the garden area during the warm months. Any assistance is most welcome. For more information, contact the receptionist.

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Shred Days in Portage

Check out these "Shred Days" in Portage, offered by Mercantile Bank! This is an important step in protecting your identity. Bring in your unneeded, sensitive documents for FREE shredding and destruction at the following locations:

Saturday, June 13, 10:00 AM - 12:00 PM

Mercantile Bank of Michigan
Portage Westnedge Branch
6405 S. Westnedge Avenue
(269) 321-9100

Saturday, August 15, 10:00 AM - 12:00 PM

Mercantile Bank of Michigan
Portage Woodbridge Branch
3910 W. Centre Avenue
(269) 323-9100

Grocery Bingo

Monday, August 24, 1:15 PM

Free to members (\$5 non-members)

Absolute HomeCare will be hosting this event, which consists of a variety of games, grocery prizes, and witty commentary. Deadline for registration is noon, Friday, August 21.

Big Screen Movie

Monday, June 8, 1:15 PM

"Last Ounce of Courage"

A family is struck by tragedy when a young man is lost in combat overseas, leaving behind a wife and young son. Years later, the fallen soldier's father, Bob Revere, serves as mayor of a small town where powerful Washington interests seek to stamp out religious expression. The soldier's son, now a young man, inspires his grandfather to take a stand for the traditional values that our heroes in uniform sacrifice everything to protect. Rated PG. Not closed-captioned. 99 minutes. View the movie for free, 50 cents for popcorn.

Big Screen Movie

Monday, July 13, 1:15 PM

"Fly Away Home"

A 13-year-old girl reluctantly goes to live with her estranged father. As they try to build their relationship, a flock of orphaned Canada geese intervenes. What happens next both frustrates and inspires the fledgling family. Starring Jeff Daniels, Anna Paquin, Dana Delany and Terry Kinney. Rated PG. Closed-captioned. 108 minutes. View the movie for free, 50 cents for popcorn.

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Monday thru Friday
7am to 8 pm

Saturdays & Sundays
7am to 3 pm

Art Open Session

Mondays, 1:00 - 3:00 PM

This open session offers beginning and accomplished artists of all mediums the chance to get together once a week and share their creativity with like-minded individuals. Bring your own supplies and enjoy the fellowship at this Art Open Session.

Dining Out Club

Enjoy a delicious meal and great company! Call in your advance reservation by noon on the previous business day for this activity. All meals are self-pay. Hosts: Hal and Shirley Ray.

June

Dinner

Monday, June 1, 5:00 PM
Hunan Gardens
7157 West Q Ave.,
Texas Corners

Breakfast

Tuesday, June 9, 8:30 AM
LaRue's
6375 Stadium Drive

Lunch

Thursday, June 11
11:30 AM
The Crew
3810 East Cork Street

July

Dinner

Monday, July 6, 5:00 PM
Upper Deck
9136 Shaver Road,
former Mulligan's
Garden Tour at Carol Fleck's
home - 1st 20 registered
at PSC.

Breakfast

Tuesday, July 14, 8:30 AM
Nina's Café
1710 West Main Street

Lunch

Thursday, July 16, 11:30 AM
Brewster's
5315 Portage Road

Choir

Thursdays, 9:30 AM

Not Meeting June, July or August

Resume Practice after Labor Day

The Portage Senior Center Choir is looking for men and women who enjoy singing. Neither an audition nor a great voice is required. The choir performs at retirement communities, PSC activities, and other community events. The group leader is Marilyn McKinley.

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PSC Book Club

2nd Monday, 10:00 - 11:00 AM

No June, July or August Meeting

The Book Club will not meet in June, July or August. Meetings will resume in September. Check the bulletin board under "Programs and Activities" for more information. Ann Perkins is the group leader.

PSC Band Schedule

June

2	Tues. 3:00	Rehearsal	320 Library Lane Portage Senior Center
9	Tues. 3:00	Centre Meadows	1503 E. Centre Ave.
16	Tues. 2:30	Sisters of St Joseph	3629 Gull Road
23	Tues. 3:00	Wynwood	3100 Old Centre St.
30	Tues. 2:30	Wyndham West	2300 Portage Road Kalamazoo

July

7	Tues. 2:30	Hope Woods	Stadium Dr across from DeNooyer Chevrolet
14	Tues. 3:00	Friendship Village	KIVA Auditorium
21	Tues. 2:30	Crossroads Village	Constitution Blvd.
28	Tues. 3:00	Rehearsal	320 Library Lane

Hand Chimes

Thursdays, 1:00 PM

If you have ever wanted to play an instrument, now is your chance to turn desire into music! A musical background is not required, but you must be able to keep time. Hand chimes (provided) are like hand bells, but lighter in both sound and weight. Group leaders are Freya Lake and Jeanne Faker.

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Loaves & Fishes - PSC Bag Recycling Program

Wednesdays (1st) & Thursdays (1st) Only

This group collects paper and plastic grocery bags on the first Wednesday and Thursday of each month. The bags are used for the *Grocery Pantry Program* at Kalamazoo Loaves & Fishes. Bags are sorted on the first Friday of the month after bag collection dates. Call 329-4555 for more information.

New Member Orientation (NMO)

Tuesday, July 7, 10:00 AM

At the NMO, new members learn about the PSC and meet other new members. Let the receptionist know if you would like to make a reservation for the \$3 Senior Services, Inc. lunch immediately following the NMO presentation. Pre-register at 329-4555.

PSC Needlers

Thursdays, 9:00 AM - 12:00 PM

The PSC Needlers meet weekly throughout the year to knit, crochet, and then donate completed projects to various community agencies. New members are always welcome to join us.

Readers Theatre

Wednesdays, 2:00 PM (2nd & 4th)

Not Meeting June, July or August

Resume after Labor Day

Do you enjoy drama and comedy? Do you like to act? Join this fun group that produces skits and readings and presents them to area schools and churches. Participants read their parts so memorizing isn't required. Babs Smith leads the group, which meets the second and fourth Wednesdays. If you're interested, come join us to learn more!

Recycled Cards

Tuesdays, 10:30 AM

The Recycled Cards group accepts whole greeting cards with verses intact. The cards are cut apart and redesigned to create a "new" card. The new cards are available for sale in the PSC lobby.

PSC Kazoos of the Red Hat Society

This chapter of Red Hatters calls itself the *PSC Kazoos*. All you need to join this merry group is a sense of humor, a PSC membership, and the desire to have fun! Contact Queen Marie Tucker at 269-375-2104 if you are interested in joining this group.

Sisterhood

Fridays (2nd), 1-2:30 PM

This women's social group meets the second Friday of each month. Meeting agendas are posted under "Programs and Activities" on the PSC bulletin board. For more information, please call 329-4555.

Friday, June 12 Friday, July 10

Time: 1:00 PM

Time: 1:00 PM

Event: Bunco

Event: Sisterhood Birthday Party

Everyone bring a wrapped item to be put in the prize pot for White Elephant Bingo.

Site: PSC

Site: PSC

Hosts: Louise S. and Jean P.

Hosts: Maxine R. and Shirley P.

PSC Community Service Van (CSV)

Transportation to PSC and Grocery Shopping

The CSV transportation program is available to all Portage residents 50 years of age and older and is limited to the Portage geographical area. The van is wheelchair accessible and is available Monday through Friday from 8:45 AM until 1:00 PM. Reservations are made the previous day by calling 329-4555. Transportation for grocery shopping is available only on Wednesday and Thursday to the Meijer Shaver Road store. A donation of \$3.50 for each round trip is recommended. The money should be given to the driver at the end of each ride.

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Drums Alive Class

Monday and Wednesday, 9:20 - 10:20 AM

7 weeks, \$42 Member/\$52 Non-Member

May 4 - June 22 (no class May 25)

June 24 - August 10

August 12 - September 30; No class September 7

Instructor: Helene Thompson

Discover the drummer in you! Drums Alive combines movement with the powerful beat and rhythms of drumming for an amazing brain and body workout! Drums Alive classes combine traditional aerobic movements with the powerful beat and rhythm of drums. Instead of beating on a drum, however, you will whack a large exercise ball with a pair of drumsticks (equipment is provided or you may bring your own). A one-hour class offers a fast-paced workout that can burn up to 400 calories. Register at the PSC Reception Desk.

Body Rebound - Instructor, Helene Thompson

Monday-Wednesday-Friday, 10:30 - 11:30 AM

8 weeks, \$42 Member/\$52 Non-Member

April 27 - June 22

No class May 25

June 24 - August 19

No class July 3

This non-aerobics class begins with stretching and chair exercises, and includes work with hand weights and small foam balls (provided). This is a good workout for the person who wants to stay flexible and increase muscle strength.

Enhance Fitness - Instructor, Deb Snell

Monday-Wednesday-Friday, 8:10 - 9:10 AM

8 weeks, \$42 Member/\$52 Non-Member

May 20 - July 17

No class May 25 and July 3

July 20 - September 14

No class September 7

Developed at the University of Washington in Seattle, this class is a safe and effective program for seniors with a wide range of physical abilities. The class includes strength training using hand and ankle weights, low-impact aerobics, balance and stretching.



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T'ai Ji - Instructor, Ed Kehoe

Tuesday, 8:30 - 9:30 AM, 7 weeks

\$42 Member/\$52 Non-Member

May 12 - June 23

June 30 - August 11

All forms of T'ai Ji share the same philosophy - yield to incoming force and redirect it. T'ai Ji loosens the joints and makes the spine stronger and more flexible. It benefits the heart and lungs as well, especially for individuals who cannot do strenuous exercise.

Yoga - Instructor, Christine Peckels

Tuesday, 1:00 - 2:30 PM, 8 weeks

\$72 Member/\$82 Non-Member

April 21 - June 9

June 16 - August 4

Improve fitness and inner calm through focused slow stretching movement in a tranquil atmosphere. Participants are asked to bring an exercise mat. Location: St. Catherine of Siena - Stanley Center.

SilverSneakers Splash - Portage YMCA, 2900 W. Centre Avenue

Tuesday & Thursday, 11:00 AM - 12:00 PM

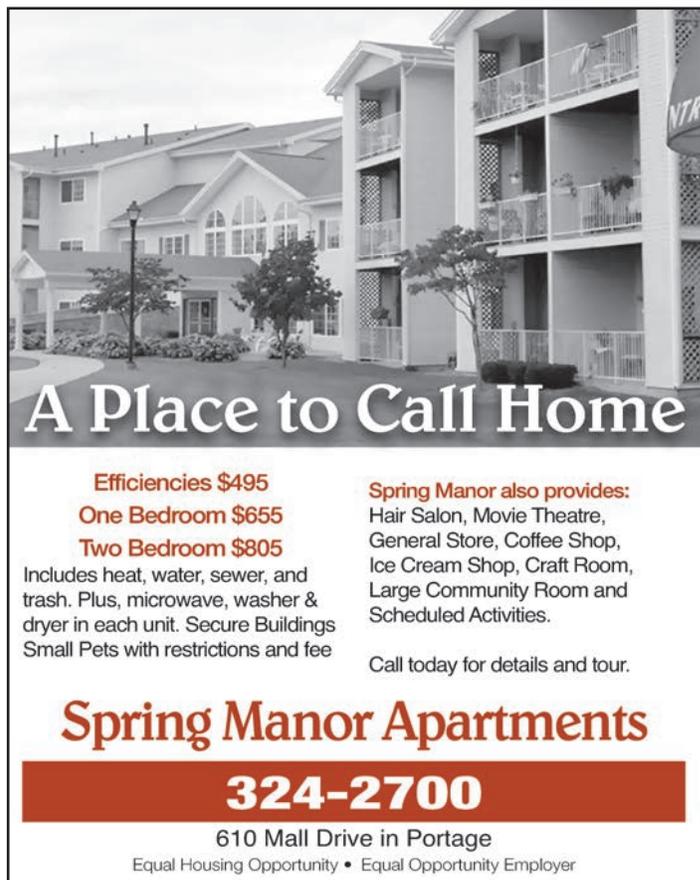
7 weeks, \$63 Members Only

April 21 - June 4

July 7 - August 20

This is an aquatics-based exercise program designed to help build strength and increase range of movement.

Continued on page 9



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from page 8

Since all exercises take place in the pool, there is minimal wear and tear on your joints. This class is made possible through a partnership between the PSC and Portage YMCA. Participants **register and pay at the YMCA**, and will need to present this class flyer or your MySeniorCenter (MSC) card upon registration. Class schedule is subject to change; please contact the Portage YMCA for more information.

Other Classes

Reminiscence Writing – Instructor, Wilma Kahn

Wednesday, 10:30 AM - 12:00 PM

7 weeks, \$32 Member/\$42 Non-Member

May 27 - July 15, No class June 3

September 2 – October 14

October 28 – December 9

Write about reminiscences old and new. Topics include ancestors, childhood, school days, adulthood, military service, career, children, grandchildren, pet peeves, travels, current events, or whatever else you want to write about. This class is a great opportunity to make new friends, share your writing, and learn from others. The instructor has an MFA in creative writing and a DA in English, and gives written responses to class member's work.

Painting on Canvas

Wednesday, July 15, 1:30 PM

\$40 Members/\$45 Non-Members

Instructor: Sara Strong

Are you looking for a fun afternoon of painting on canvas? All supplies are included in this new and exciting one-time painting on canvas event. You will receive step-by-step instructions and take home a painting that you can call your own. We will need a minimum of 6 and a maximum of 20 participants. Register at the Reception Desk.



Bridge

Part 2, Play of Hand – Instructor, Pat Brown

From 1st Leads to Considering the Odds

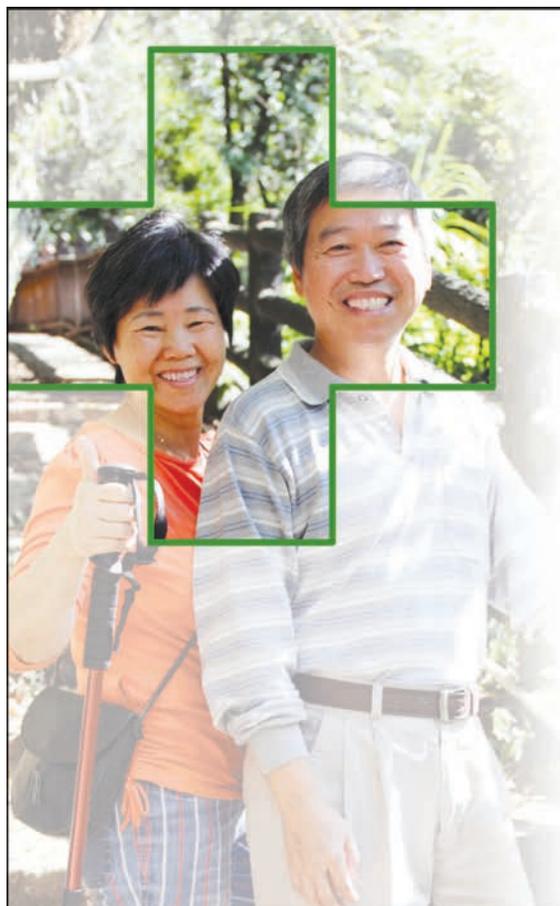
Wednesday, 2:00 – 4:00 PM

June 10, 17, 24

Fee: \$9 Members

You are invited to become involved with a great card game that is quite challenging but most rewarding. There is a lot to learn but our goal is to make it easy. Registration deadline is Friday, June 10 for Part 2.

Continued on page 13



FREE HEALTH PROGRAMS

All About Hip Surgery, including the Anterior Approach
TUESDAY, JUNE 9, 6:30 – 7:30 P.M.

Learn about treatment options, how to prepare for surgery and what to expect.



David Christ, MD
Bronson HealthCare Midwest
Orthopedics & Joint Specialists

Medical Matters of the Heart
TUESDAY, JUNE 16, 6:30 – 7:30 P.M.

Learn how to reduce your risk for heart disease, and how it affects men and women differently.



Christopher Rogers, DO
Bronson Advanced Cardiac
Healthcare

The Word on GERD
TUESDAY, JUNE 23, 6:30 – 7:30 P.M.

When is it more than just heartburn? Learn about GERD (Gastroesophageal Reflux Disease).



Christopher Radawski, MD
Bronson Gastroenterology

These programs will be at the **Portage Senior Center, 320 Library Lane, Portage.**
To register, go to bronsonhealth.com/classes or call (269) 341-7723. If you have questions, call (269) 341-8860.

 **BRONSON POSITIVITY™**

from page 9

AARP Smart Driver Program

Thursday, August 13, 9:00 AM – 4:00 PM

Fee: \$15 AARP Members/\$20 Non-Members AARP

Instructor: Richard Baker

This is a refresher course developed for older drivers. The course includes Driving Safety Strategies; State of Michigan Driver Regulations; Dealing with Trucks, Motorcycles, Bicycles and Aggressive Drivers; New Developments in Intersections; Road Signs, Lane Markings and Traffic Signals; Changes in Vehicle Safety Devices and Features; and more. Must have payment at time of registration (cash or checks payable to AARP Driver Safety Program). Maximum attendees 15. Register at the Reception Desk.

Computer Classes

Computer Tutoring – Members Only

Monday and Friday, 10:00 AM - 12:00 PM

Members \$10/hour

Individual tutoring with or without a laptop computer by an experienced volunteer is available Monday or Friday. Your appointment focuses on whatever aspect of computer usage you'd like to cover. Register and pay at the Reception Desk.

Laptop Introduction to Office – Instructor, Royce Bland

Wednesday, 10:00 AM – 12:00 PM, 7 weeks

Members Only - \$24

June 3 – July 15

August 5 – September 16

Laptop Introduction to Office is designed for individuals who have some basic working knowledge but would like to learn more about how to utilize Microsoft Office software for personal applications. The class will provide an overview of Windows Explorer, Word, Excel, Access, PowerPoint, and Photo Editing. **Please note:** Students will need to bring a laptop computer and a one gigabyte flash drive to each class, including the first class. Students will use the flash drive to save lesson plans and homework.

Scholarships: The PSC is fortunate to maintain a scholarship program through the Friends of the Portage Senior Center, in the *Bea Butler Scholarship Fund*. Members of the PSC or community at large who are experiencing financial hardship are encouraged to contact Manager Kim Phillips or Program Coordinator Denita Demler for additional information regarding scholarships. All information is kept confidential.

Walkers with Walkers

Tuesdays and Thursdays, 9:30 AM

Walkers with Walkers are members who use assistive devices to help with mobility. The group meets in the spring and summer at the PSC and then leisurely walks the Bicentennial Trail. In the fall and winter, they meet at the Crossroads Mall Food Court at the Carousel. Penny Newhouse is the group leader.

Wii Bowling Open Play

Tuesdays, 9:45 – 11:30 AM

Looking for a way to have fun, meet new friends, and burn off calories, all at the same time? This Nintendo Wii video game is easy to learn! Wii Bowling encourages range of motion and hand-eye coordination. You can bowl either standing or sitting. If you want to check out an activity that is fun and free and promotes health and fitness, then come in for Wii Bowling on Tuesdays! Open to all PSC members.

Safe, Sound & Secure Conference

Tuesday, June 16, 8:00 AM-NOON

First Assembly of God Church, located at Oakland Drive & I-94.

To register for this program, which is a project of the Kalamazoo County Elder Abuse Prevention Coalition, call 269-387-9600 or email: gerontology-info@wmich.edu

Free Estate Planning Workshop

Learn how to:

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All About Hip Surgery, Including the Anterior Approach

Tuesday, June 9, 6:30 - 7:30 PM

Sponsor: Bronson

Free: Open to Public

Presented by David Christ, MD, of Bronson HealthCare Midwest Orthopedics & Joint Specialists. Learn about hip replacement surgery options, how to prepare for surgery and what to expect during recovery and rehabilitation. To register, go to www.bronsonhealth.com/classes or call Bronson HealthAnswers at (269) 341-7723. If you have questions, call (269) 341-8860.

Medical Matters of the Heart

Tuesday, June 16, 6:30 - 7:30 PM

Sponsor: Bronson

Free: Open to Public

Presented by Christopher Rogers, DO, of Bronson Advanced Cardiac Healthcare. Learn about the risk factors for heart disease and the steps you can take to reduce your risk. To register, go to www.bronsonhealth.com/classes or call Bronson HealthAnswers at (269) 341-7723. If you have questions, call (269) 341-8860.

The Word on GERD

Tuesday, June 23, 6:30 - 7:30 PM

Sponsor: Bronson

Free: Open to Public

Presented by Christopher Radawski, MD, of Bronson Gastroenterology. Learn what GERD (gastroesophageal reflux disease) is and what treatments are available. To register, go to www.bronsonhealth.com/classes or call Bronson HealthAnswers at (269) 341-7723. If you have questions, call (269) 341-8860.

Hearing Screenings

3rd Tuesday, June 16 and August 18

9:00 - 11:00 AM

A certified audiologist from the Hearing Center will provide the following services at no charge: hearing screenings, hearing aid cleaning/check, ear-mold re-tubing, and ear-mold impressions. Call 329-4555 to schedule an appointment (required).

Stay Independent - Prevent Memory Loss

2nd Thursday of every month

1:00 - 2:30 PM

Session 1: June 11

Session 2: July 9

Fee: \$7 Members/\$9 Non-Members per Session

Instructor: Suzanne Gernaat

A strong prevention program can prevent memory loss and delay the onset of Alzheimer's disease. You can lower your risk of memory loss by up to 70% with just a few simple lifestyle changes. Don't let your memory slip away! Register at the Reception Desk

Massage Therapy

1st and 3rd Monday

12:30 - 4:45 PM

No Appointments in August

How does stress feel in your body? Are you tired and achy? Do you have a stiff neck or headaches? Sore back and shoulders? Is your body moving as well as it used to? Massage can help. Sign up for an appointment with our licensed massage therapist, Susan Walker. Appointments are \$20 for a half hour or \$40 for one hour. Payments are made directly to Susan in cash or check. Register at the Reception Desk.

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Heritage Community has been serving Kalamazoo seniors and their families for more than 60 years. Today, we're the only locally owned and operated continuing care retirement community in the area.

A not-for-profit organization led by a local volunteer board of directors, we manage our resources in accordance with our mission, and our longstanding values are reflected in our governance and management. We measure success in terms of achieving high standards of excellence in service, and continually strive to ensure that all residents are proud to call our community home.

Visit www.heritagecommunity.com or call 269-226-6321 for more information

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Wyndham Apartments
Heritage Hills Apartments

Assisted Living
Wyndham West
Directors Hall

Residential Memory Care
Amber Way
Amber Place

Skilled Nursing and Rehabilitation Services
Harold & Grace Upjohn
Community Care Center

2015 30th Annual STAR Awards Nominees

Adult Volunteer Group

PSC Van Drivers

Our eight PSC CSV Volunteer Drivers were nominated for the Adult Volunteer Group of the 30th Annual Sharing Time And Resources (STAR) award which was held on April 22. The eight drivers: Bill Benefiel, Rick Davison, Larry Grant, Jerry Helms, Gary Leadley, Ron Lowe, Max Walter and Bill Hoffman are all retired from full time employment and want to give back to their community by volunteering and interacting with the community. Some of these drivers have been volunteering at the PSC over 25 years. Although we did not win in our category, we thank them for their commitment to PSC and for volunteering over 1,160 hours in 2014.

2015 30th Annual STAR Awards Recipient

Community Leadership Group

Max Walter

Congratulations to our PSC volunteer, Max, who was chosen as the recipient of the 2015 STAR Award in the Community Leadership category. The fact that Max was chosen to receive this honor is a testimony to his dedication to serving our community. He was nominated by his daughter, Jan Cutler.

Volunteer Greeters

Volunteers are needed to greet potential members and assist members at the MySeniorCenter kiosk. Two-hour shifts are available on Wednesday and Thursday, from 9 - 11:00 AM. If interested, please call the Volunteer Coordinator.

Volunteer Van Drivers

Volunteer drivers are needed to transport patrons in our Community Service Van program (CSV) on a planned route to and from various center activities and grocery shopping trips within the City of Portage, Monday through Friday with general hours of 8:30 AM - 1:30 PM. The next Kalamazoo Metro CSV training is Thursday, July 16, 2015. Contact the Volunteer Coordinator for more information on this position.

Volunteer Laptop Computer Tutors

Tutors will work with members to introduce them to various software applications and the Internet. Members are generally beginners, but may have some previous experience on the computer. Tutors should be knowledgeable of the following applications: MS Word, PowerPoint, Excel, and Internet. Must commit to six months of approximately two hours per week. Contact the Volunteer Coordinator for more information on this position.

PSC Volunteers

Did you know...we currently have 257 volunteers at the Portage Senior Center? In March, 159 active volunteers amassed a total of 1,867 volunteer hours. If you have a desire to help others and your community, you can start volunteering today! The opportunities are almost limitless. Contact Denita Demler, Volunteer Coordinator, at 329-4553, if you are interested.

Pen Pals and Partners Program

October - May 2015

This year has been another great success for Pen Pals and Partners! Our members dedicated their time to building positive, meaningful relationships with the third and fourth grade students.

We wrapped up with two wonderful celebrations, including the Partner's Potluck here at PSC, and the "Meet Your Pen Pal" end of the year party at Angling Road School. This was an excellent opportunity for our members to volunteer with these two intergenerational programs with the third grade students from Rhonda VanderVeen's class at Angling Road Elementary and Sheila Clothier's fourth grade students at Portage Central Elementary. Intergenerational Coordinator is Zoe Miller.

Quarterly Volunteer Orientation

Tuesday, July 14, 10:00 AM

Do you want to be a volunteer at the PSC? Are you wondering what volunteering at PSC consists of? The discussion will include a history of PSC, current and future volunteer programming, and benefits of volunteering, MySeniorCenter™ (MSC) membership database, and logging volunteer hours. The orientation benefits both new and experienced volunteers. As a new volunteer who has attended the Quarterly Volunteer Orientation, your account for volunteering will be activated in MSC after Orientation. Register at the Reception Desk.

Volunteer PSC Band Musicians Wanted

The PSC Band is looking for the following volunteer musicians:

Trumpet - full-time or sub

Tenor Sax - full-time

Accordion - full-time or sub

This group meets weekly on Tuesdays beginning at 3:00 PM, unless they have scheduled performances outside the PSC. The PSC Band plays music of the big band era and some contemporary pieces. If you are interested in these positions, please contact Fran Klooster at 629-9954.

Phyllis Barents
 Lois Beaudoin
 Dorothy Blessing
 Ellen Bradley
 Ophelia Bryant
 Thelma Burrell
 Betty Byers *in memory of Otto Byers*
 Roy Crego
 Rosalie Daniels *in memory of Jack Kline*
 Tom & Judy Deem
 Denita Demler *in memory of Ruth Sidney*
 Sharon Dickey *in memory of Dora Gressley*
 James & Patricia Dolan
 Marshall & Joyce Draper
 Robert Duncan
 Ethel Earle
 Phil & Dorothy Edie
 Josephine Elliott *in memory of George & Elizabeth Woog*
 Bob & Sandy Erikson
 Robert Ferguson

Betty Anne Geib *in memory of Ruth Barrett & Wilma Kellar*
 Henry & Trudy Girr
 Sharon Grube
 Desdamona Hale *in memory of husband, Bill*
 Shirley Hamilton *in memory of Max Ritter*
 Rev. Robert & Carla Hannemann
 Helen Hathaway
 George & Mary Horensky
 Jane Jackson
 Hugh & Sherry Johnson
 Thomas & Martha Kakuk
 Nancy Konas
 Bonnie Kovach
 Ruth Lehmann
 Helen Lovin *in honor of Bill & Nancy Fish-Stone*
 Linda McKinney
 Paul & Cathy Mejia *in honor of Dee Demler*
 Kimberly Middleton
 Eugene & Zoe Miller

Vincent Mizeur
 Beth Molnar
 Sandra Monks
 Bert Murphy
 Art Nemitz, Jr. *in memory of Linda Nemitz*
 Penelope Newhouse
 Jack Nottingham
 Florine O'Donnell
 Clara Ogren
 Vera Ostland
 Robert & Lois Ostrowski
 Dolores Paul *in memory of Candace Paul*
 Mary Lou Petrulio
 Harold & Shirley Ray *in memory of Cam & Millie Lambe*
 Diane Reece
 Edwin Ritter
 Paul Roberts
 Barbara Roty *in memory of August Roty, Jr., M.D.*
 Freeman Russell *in memory of Frances Russell*
 Diane Schaeberle *in memory of Bette Anderton*

Clara Schnyders
 Thomas Simon *in memory of Helen Simon*
 Richard & Kathleen Smith
 Stanley & Pauline Sokolowski
 Katie Stevens
 Edward & Nancy Stob
 Jack & Anna Stryd
 Ted Tompkins *in memory of Sharon L. Tompkins*
 Barbara VandeWerken *in memory of Wm. J. VandeWerken*
 Loretta Walsh
 Mary Ann Wannamaker
 Margaret Weiss
 Elizabeth Wesoloski
 Joyce Wheeler
 Carl & Helen Wise

Coffee Bar and Cleaning Supplies:
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3700 W. Michigan Avenue in Kalamazoo
www.NewFriendsMemoryCare.com



Fun 2015 Day-Trip Outings!

“SEX, PLEASE, WE’RE 60!” . . . Cornwell’s

Turkeyville . . . Marshall

Tuesday, June 9

This farce, set at a quaint and cozy bed and breakfast in New England, is “the Golden Girls meets Grumpy Old Men”, filled with mayhem, mischief and mood swings. Enjoy the fun when there is a mix-up of libido-boosting pharmaceuticals! Lunch included. \$74 Member, \$84 Non-Member.

GET INTO THE SPIRIT . . . Tecumseh & Jackson

Thursday, June 11

This is a day of spirited fun, tastes and sights winding down two-lane roads in Southeast Michigan, also known as the Pioneer Wine Trail. A beautiful ride is also included through the Hidden Lake Gardens, a Michigan State University site with a stop at the conservatory, which houses a wonderful display of Bonsai plants. This is a trip you won’t want to miss as lunch, wine tastings and a few extra stops are included! \$90 Member, \$100 Non-Member.

CRANBROOK ART MUSEUM, HOUSE & GARDENS . . . Bloomfield Hills

Wednesday, June 24

Spend the day at one of Michigan’s cultural gems: the Cranbrook Art Museum, House and Gardens. Begin with a tour of the manor home of Cranbrook’s founders, George and Ellen Booth, who also figure prominently in Detroit newspaper history. Then enjoy an included lunch on the property. Before and after lunch, spend time in the gardens enjoying the flowers, fountains and sculpture. Time will also be provided to visit the Cranbrook Art Museum, the centerpiece of the Cranbrook Academy of Art. \$100 Member, \$110 Non-Member.

A JAPANESE EXPERIENCE . . . Grand Rapids

Tuesday, July 14

Experience Japanese culture on this trip! Travel to a Japanese Steakhouse for entertainment and great food (included). Guests will have their own Hibachi Chef providing a show while preparing lunch. Transfer next to Meijer Gardens to see what’s new! Opening in 2015 is a Japanese garden that we will be viewing. A docent-led

tour inside the facility will highlight the “Splendors of Shiga” exhibit with Japanese historical objects from the 17th century to the present day. Shiga is our sister state in Japan so come and see this unique exhibition! Tram ride through the gardens and Sculpture Park also included. \$73 Member, \$83 Non-Member.

HOUSE OF DAVID & LAKE CLIFF GARDENS . . .

Benton Harbor/St. Joseph

Tuesday, August 4

We begin our day at Mary’s House of David in Benton Harbor. Lunch will be at Papa Vinos (included) following a drive to beautiful Silver Beach in St. Joseph. Then on to Lake Cliff Gardens featured in several gardening magazines. Our last stop will be Piggott’s Farm Market & Bakery. \$66 Member, \$76 Non-Member.

TIGERS VS. RED SOX . . . Comerica Park, Detroit

Sunday, August 9

\$117 Member, \$127 Non-Member

CUBS VS. BREWERS . . . Wrigley Field, Chicago, Illinois

Thursday, August 13

\$100 Member, \$110 Non-Member

UP THE WEST MICHIGAN PIKE . . . 1916 West

Michigan Pike

Wednesday, August 19, 2015

This trip is a one day, narrated bus trip from New Buffalo to Muskegon retracing (as much as possible) the 1916 West Michigan Pike – a highway designed for one specific purpose – to bring tourists from Chicago to the shores of Lake Michigan. The original “Pike” went from downtown Chicago to the Straits of Mackinaw. In 1916 the trip took 7 days (top speed was 35 mph). The trip will also follow the Blue Star and Red Arrow Highways and the Territorial (Joseph’s Road). Along the way, visit two museums and another venue en route, along with a lunch stop (self-pay). \$72 Member, \$82 Non-Member.

IKEA, DETROIT & TRADER JOE’S . . . Canton,

Detroit, and Ann Arbor

Saturday, August 22

We will begin our day at Ikea in Canton. Then, lunch on your own in Detroit’s Greektown. After lunch, we board our bus for a 2-hour guided tour of the downtown area including Eastern Market. A stop at Trader Joe’s in Ann Arbor on the way home will complete our day. *Note: You may bring a small cooler for your purchases, which can be stored underneath the bus or under your seat.* \$75 Member, \$85 Non-Member.

BACK TO THE TWENTIES (20’s) . . . Chicago, IL

Wednesday, September 2

Drive down the historic streets of Chicago seeing the sights and buildings that once were the actual scene of the Prohibition Era. A step-on guide will explain it all. You’ll then be dropped off at Tommy Gun’s Garage for a delightful show and lunch (included). Come join us in reliving a day of adventure from the 1920’s. \$120 Member, \$130 Non-Member.



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TIGERS VS. TWINS . . . Comerica Park, Detroit

Sunday, September 27

\$100 Member, \$110 Non-Member.

“M” IS FOR MYSTERY

Thursday, October 8

Our destination will not be revealed until the day of our travel, so come along and help us unravel the details of this unknown location. Lunch (included). Sign up soon so you won't miss out on this “mini” color tour vacation! \$80 Member, \$90 Non-Member.

SPAMALOT . . . Theatre at the Center, Munster, Indiana

Thursday, October 15

Inspired by the hilarious British comedy troupe Monty Python, this musical spoof of King Arthur and his band of raunchy and silly knights has been a hit on Broadway and in theatres across the country. They call it “lovingly ripped off from their film *Monty Python and the Holy Grail*.” Will they find the Holy Grail and how many limbs will be lost along the way? Includes lunch. \$105 Member, \$115 Non-Member.

CHARLEY PRIDE . . . Auditorium Theatre, Shipshewana, Indiana

Saturday, October 24

Pride is known as the first African American superstar in country music and is revered by his musical peers and adored by millions of fans around the globe. His golden baritone voice transcended race and spanned the generations. He is an internationally known artist who has 36 number 1 country singles, 70 million records sold, and was inducted into the Country Music Hall of Fame in 2000. Enjoy a family style meal before the show (included). \$139 Member, \$149 Non-Member.

PIPPIN . . . DeVos Performance Hall, Grand Rapids, MI

Saturday, November 7

PIPPIN is Broadway's high-flying, death-defying hit musical! Full of extraordinary acrobatics, wondrous magical feats and soaring songs from the composer of *Wicked*, *PIPPIN* will lift you up and leave you smiling. This unforgettable new production is the winner of four 2013 Tony Awards including Best Musical Revival. Hailed as “an eye-popping, jaw-dropping extravaganza,”; it's unlike anything Broadway has ever seen! Come experience *PIPPIN*, one young man's journey to be extraordinary. A lunch stop will be made at a local Grand Rapids restaurant (self-order & self-pay). \$86 Member, \$96 Non-Member.

WHITE CHRISTMAS . . . Drury Lane Theatre, Oakbrook Terrace, Illinois

Thursday, November 19

Based on the beloved, timeless film, this heartwarming musical adaptation features seventeen Irving Berlin songs. Veterans Bob Wallace and Phil Davis have a successful song-and-dance act after World War II. With romance in mind, the two follow a duo of beautiful singing sisters en route to their Christmas show at a

Vermont lodge, which just happens to be owned by Bob and Phil's former army commander. Includes lunch. \$118 Member, \$128 Non-Member.

ZEHNDER'S HOLIDAY SHOW & BIRCH RUN . . . Frankenmuth, MI

Monday, November 30

Featuring “The Marlins” – a Family of Musicians. These 4 brothers have been entertaining audiences for over 25 years all over the U.S. and Canada with an outstanding variety show including Christmas tunes. They specialize in blending over 20 instruments with vocal harmony and humor. Lunch (included). A choice of 2 additional stops will be offered – Birch Run Outlet Mall or Bronner's Christmas Wonderland. Member \$110, \$120 Non-Member.

THE TEXAS TENORS . . . Auditorium Theatre, Shipshewana, Indiana

Friday, December 4

Over 100 million people from around the world tuned in to NBC's “America's Got Talent” in 2009 to see The Texas Tenors become the highest-ranking vocal group in the history of the show. With breathtaking vocals, humor and cowboy charm, The Texas Tenors have traveled the globe performing more than 500 concerts in the last four years. Enjoy a family-style meal before the show (included). \$99 Member, \$109 Non-Member.

BEAUTIFUL: THE CAROLE KING MUSICAL . . .

Oriental Theatre, Chicago, Illinois

Saturday, December 12

Long before she was Carole King, chart-topping music legend, she was Carole Klein, Brooklyn girl with passion and chutzpah. *Beautiful* tells the inspiring true story of King's remarkable rise to stardom, from being part of a hit songwriting team with her husband Gerry Goffin, to her relationship with fellow writers and best friends Cynthia Weil and Barry Mann, to becoming one of the most successful solo acts in popular music history. Along the way, she made more than *Beautiful* music; she wrote the soundtrack to a generation. Great seats. \$155 Member, \$165 Non-Member.

Extended Trips – 2015 Fun Get-Aways!

A DECADENT ADVENTURE . . . Milwaukee, Wisconsin

July 8 – 9

It's all about your taste buds when we visit Milwaukee for an ethnic adventure. Participate in a cooking demonstration with lunch included at the popular Milwaukee Public Market, then tour Pabst Mansion and Brewery where specialty pizza will be delivered to us (included). Enjoy the classic sounds of “*Motown the Musical*” through the American dream story of Motown founder, Berry Gordy's

Continued on page 19

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journey to a music mogul who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson and many more. Our Milwaukee finalé will be a progressive meal with a delicious side of history. This ethnic adventure provides history of Milwaukee's immigrant palates by highlighting 3 ethnic restaurants during a 3-course meal. It's a great opportunity to explore neighborhoods celebrating Irish, Italian, Polish and German traditions. Price starts at \$299 (double). Sponsored by Portage Senior Center.

A MYSTERY TRIP

July 21 - 23

This year's tour includes some unique attractions and a bit of history. Our accommodations may feel a little rustic this year and maybe a bit musical. Hint - the Old Gray Mare ain't what she used to be, but the mule is. The only way to find out where we are going is to come along. Grab a few clothes, your sense of adventure and your imagination, and get ready for a great time! Price starts at \$499 (double). Sponsored by Ed & Ted's Excellent Adventures.

A CAPITOL ADVENTURE . . . Washington, D.C.,

Gettysburg, Williamsburg

September 10 - 17

Journey by deluxe motor coach to Pennsylvania, Washington D.C., and Virginia. Highlights in Pennsylvania include Historic Gettysburg, the National Military Park and Flight 93 Memorial. Capitol highlights include evening illuminated monuments tour, the new White House Visitor's Center, Capitol tour, Arlington National Cemetery, Mount Vernon, Kennedy Center and more. Also features Colonial Williamsburg tour, Historic Jamestown Settlement and much more! Price starts at \$1,399 (double). Sponsored by Ed & Ted's Excellent Adventures.

NATIONAL PARKS & CANYONLANDS OF THE WEST

September 11 - 18

This amazing, scenic journey features 2 world class train journeys! Destinations include: Salt Lake City-Dead Horse Point State Park-Arches National Park-Canyonlands National Park-Mesa Verde National Park-Durango & Silverton Rail-Cumbres & Toltec Railroad-Sandia Peak Aerial Tram-and Santa Fe, New Mexico. Tour highlight is 2-night stay at Red Cliffs Lodge in Moab, Utah, a spectacular lodge nestled on the banks of the Colorado River and surrounded by magnificent 2,000 feet high cliffs! Price starts at \$3,124 (double). Sponsored by Shoreline Tours.

A GRAND TIME ON MACKINAC ISLAND

October 17 - 20

Enjoy the splendor of fall color as you travel north to Mackinac Island for a 3-night stay at the magnificent Grand Hotel. Stop en route for an included lunch at Petoskey's historic Stafford's Bay View Inn on Little Traverse Bay. Step back in time on Mackinac Island with the clip clop of horses and the beauty of the Victorian-era Grand Hotel. Get your camera ready for a special promenade through the parlor by *Somewhere in Time* enthusiasts in their period attire. Listen to chamber music as you sip afternoon tea, or dance to the orchestra at night. View the island on an included carriage tour. Choose from a variety of planned activities or just relax as you choose. Your stay will include full breakfasts and 5-course dinners in the elegant Salle à Manger overlooking the Straits of Mackinac. Save room for dessert! Price starts at \$879 (double). Sponsored by PSC and MRPA.

CALLAWAY GARDENS - FANTASY IN LIGHTS. . .

Kentucky, Georgia & Tennessee

November 28 - December 3

This deluxe motor coach trip takes in 4 of the nation's top Christmas Light Shows: Lexington, Kentucky's Southern Lights; Lake Lanier's (Georgia) Magical Nights of Lights; Callaway Gardens (Georgia) Fantasy in Lights and Smoky Mountain Christmas in Pigeon Forge (Tennessee). Additional highlights include My Old Kentucky Dinner Train, CNN Studio Tour, World of Coca Cola, Hatfield & McCoy Dinner Show, Blackwoods Morning Show & Smoky Mountain Opry or Biltmore Estates, and much more! Includes cancellation insurance. Price starts at \$1,374 (double). Sponsored by Shoreline Tours.



International 2015 Trip!

DISCOVER SWITZERLAND, AUSTRIA AND BAVARIA

September 30 - October 9, 2015

Journey through spectacular mountain scenery and picturesque cities, as you experience the enchanting Alpine cultures of Switzerland, Austria, and Bavaria. Spend four nights each in the UNESCO world heritage city of Bern and the charming Alpine city of Innsbruck. Walk the halls of the 13th century Chateau de Chillon, a princely residence on the shores of Lake Geneva. Ride the legendary GoldenPass Panoramic Train from Montreux to the Alpine ski resort, Gstaad. Explore Lucerne, the "Swiss Paradise on the Lake." Visit Mozart's birthplace and the Mirabell Gardens, featured in the "Sound of Music", during your time in Salzburg. See the fairy-tale castle, Neuschwanstein. Visit Oberammergau, a perfect picture traditional German Alpine village plus much more! Price starts at \$4,199 (double). Sponsored by Collette Vacations.

City of Portage
Senior Citizens Services
320 Library Lane
Portage, MI 49002



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The mission of the Portage Senior Center is to provide, with the help of its members, information and a range of services, activities, and volunteer opportunities which promote personal growth, friendship, health and independence for adults aged 50 and over.

Look for your renewal date on the address label.

International 2016 Trip!

TULIP TIME RIVER CRUISE . . . HOLLAND & BELGIUM

April 18 – 26, 2016

Discover picturesque Holland and Belgium on this marvelous 8 day river cruise vacation! Drink in the colorful blooming beauty of famous Keukenhof Gardens, vibrant gardens with the world's largest bulb flower park; visit

one of the charming windmills at Kinderdijk; visit and learn about Holland's complex flood controls at the fascinating Delta Works; take guided sightseeing tours of the charming towns of Middelburg and Willemstad, as well as the bigger cities of Antwerp and Ghent; visit Delft, the home of "Delft Blue" pottery and much more! Price includes air with taxes, cruise with port charges, and travel insurance. Price starts at \$4,745 (double). Sponsored by Avalon Waterways.

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CENTRA CARE
COMPREHENSIVE COMMUNITY-BASED OLDER ADULT SERVICES

When asked, most older adults say that they want to live in their own community as long as possible. For those with chronic conditions and limited resources, this can be a challenge.

CentraCare is part of the National PACE Program (Program of All-Inclusive Care for the Elderly) and serves to meet the health care needs of frail adults 55 or older living in Kalamazoo County.

Services are coordinated by CentraCare to:

- Ensure safety in the home
- Promote wellness
- Focus on quality medical care
- Provide an opportunity for socialization
- Support caregivers

CentraCare, located in downtown Kalamazoo, is committed to supporting older adults to remain in the community and to enhance their quality of life.

Call us to find out if CentraCare is right for you or someone you love.

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